

Edinburgh Postnatal Depression Scale¹ (EPDS)

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you felt IN THE PAST 7 DAYS, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
 Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
 NO, not very often Please complete the other question in the same way.
 No, not at all

In the past 7 days:

1. I have been able to laugh and see the funny side of things:
0 As much as I always could
1 Not quite so much now
2 Definitely not so much now
3 Not at all
2. I have looked forward with enjoyment to things:
0 As much as I ever did
1 Rather less than I used to
2 Definitely less than I used to
3 Hardly at all
3. I have blame myself unnecessarily when things went wrong:
3 Yes, most often
2 Yes, some of the time
1 Not very often
0 No, Never
4. I have been anxious or worried for no good reason:
0 No, not at all
1 Hardly ever
2 Yes, sometimes
3 Yes, very often
5. I have felt scared or panicky for no very good reason:
3 Yes, quite a lot
2 Yes, sometimes
1 No, not much
0 No, not at all
6. Things have been getting to on top of me:
3 Yes, most of the time I haven't been able to cope at all
2 Yes, sometimes I haven't been coping as well as usual
1 No, most of the time I have coped quite well
0 No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping:
3 Yes, most of the time
2 Yes, sometimes
1 Not very often
0 No, not at all
8. I have felt sad or miserable:
3 Yes, most of the time
2 Yes, quite often
1 Not, very often
0 No, not at all
9. I have been so unhappy that I have been crying:
3 Yes, most of the time
2 Yes, quite often
1 Only occasionally
0 No, Never
10. The thought of harming myself has occurred to me:
3 Yes, quite often
2 Sometimes
1 Hardly ever
0 Never

Administered/Reviewed by _____ Date: _____